

Methodological quality appraisal of intervention studies using the Effective Public Health Practice Project Quality Assessment Tool

| Study                              | Selection bias | Study design | Confounders | Blinding | Data collection | Withdrawals and drop-outs | Overall rating |
|------------------------------------|----------------|--------------|-------------|----------|-----------------|---------------------------|----------------|
| Andersen et al. [27] (2010)        | 3              | 1            | 3           | 3        | 1               | 3                         | Weak           |
| Andersen et al. [28] (2014)        | 3              | 1            | 2           | 3        | 1               | 1                         | Weak           |
| Andersen et al. [29] (2016)        | 3              | 1            | 1           | 3        | 1               | 1                         | Weak           |
| Aras & Akalan [30] (2015)          | 3              | 1            | 2           | 3        | 1               | 1                         | Weak           |
| Aras & Ewert [31] (2016)           | 3              | 1            | 2           | 3        | 1               | 3                         | Weak           |
| Aslan et al. [32] (2019)           | 3              | 1            | 2           | 3        | 1               | 3                         | Weak           |
| Bangsbo et al. [33] (2010)         | 3              | 1            | 2           | 3        | 1               | 1                         | Weak           |
| Barene et al. [36] (2014a)         | 3              | 1            | 2           | 2        | 1               | 2                         | Moderate       |
| Barene et al. [35] (2014b)         | 3              | 1            | 2           | 2        | 1               | 2                         | Moderate       |
| Barene et al. [34] (2016)          | 3              | 1            | 2           | 2        | 1               | 2                         | Moderate       |
| Beato et al. [37] (2017)           | 3              | 1            | 2           | 3        | 1               | 1                         | Weak           |
| Blond et al. [38] (2019)           | 3              | 1            | 1           | 3        | 1               | 1                         | Weak           |
| Carrasco & Vaquero [39] (2012)     | 3              | 1            | 3           | 3        | 1               | 2                         | Weak           |
| Celic et al. [40] (2013)           | 3              | 1            | 2           | 3        | 1               | 1                         | Weak           |
| Cho & Roh [41] (2019)              | 3              | 1            | 1           | 3        | 1               | 1                         | Weak           |
| Ciaccioni et al. [42] (2019)       | 3              | 1            | 2           | 2        | 1               | 2                         | Moderate       |
| Connolly et al. [44] (2014)        | 3              | 1            | 2           | 3        | 1               | 2                         | Weak           |
| Connolly et al. [43] (2016)        | 3              | 1            | 3           | 3        | 1               | 1                         | Weak           |
| de Geus et al. [46] (2008)         | 3              | 1            | 2           | 3        | 1               | 1                         | Weak           |
| de Geus et al. [45] (2009)         | 3              | 1            | 2           | 3        | 1               | 2                         | Weak           |
| Dela et al. [47] (2011)            | 3              | 1            | 1           | 3        | 1               | 3                         | Weak           |
| Fristrup et al. [48] (2020)        | 2              | 1            | 1           | 3        | 1               | 1                         | Moderate       |
| Helge et al. [50] (2010)           | 3              | 1            | 2           | 3        | 1               | 2                         | Weak           |
| Helge et al. [49] (2014)           | 3              | 1            | 2           | 3        | 1               | 1                         | Weak           |
| Hornstrup et al. [53] (2018)       | 3              | 1            | 2           | 3        | 1               | 2                         | Weak           |
| Hornstrup et al. [51] (2019)       | 3              | 1            | 2           | 3        | 1               | 1                         | Weak           |
| Hornstrup et al. [52] (2020)       | 3              | 1            | 2           | 3        | 1               | 1                         | Weak           |
| Jacobsen et al. [54] (2011)        | 3              | 1            | 2           | 3        | 1               | 1                         | Weak           |
| Jacobsen et al. [55] (2012)        | 3              | 1            | 2           | 3        | 1               | 3                         | Weak           |
| Khadije et al. [56] (2018)         | 3              | 1            | 2           | 3        | 1               | 3                         | Weak           |
| Knoepfli-Lenzin et al. [57] (2010) | 3              | 1            | 3           | 3        | 1               | 1                         | Weak           |
| Krustrup et al. [61] (2009)        | 3              | 1            | 2           | 3        | 1               | 1                         | Weak           |
| Krustrup et al. [60] (2010a)       | 3              | 1            | 2           | 3        | 1               | 1                         | Weak           |
| Krustrup et al. [59] (2010b)       | 3              | 1            | 2           | 3        | 1               | 2                         | Weak           |

|                                  |   |   |   |   |   |   |          |
|----------------------------------|---|---|---|---|---|---|----------|
| Krustrup et al. [58] (2010c)     | 3 | 1 | 1 | 3 | 1 | 1 | Weak     |
| Krustrup et al. [62] (2017)      | 3 | 1 | 2 | 3 | 1 | 2 | Weak     |
| Lauber et al. [63] (2011)        | 3 | 1 | 3 | 3 | 1 | 3 | Weak     |
| Lee & Oh [64] (2015)             | 3 | 1 | 3 | 3 | 3 | 3 | Weak     |
| Leung et al. [65] (2020)         | 3 | 1 | 2 | 3 | 1 | 1 | Weak     |
| Liu & Liu [66] (2021)            | 3 | 1 | 2 | 3 | 1 | 1 | Weak     |
| Mendham et al. [68] (2014)       | 3 | 1 | 2 | 3 | 1 | 1 | Weak     |
| Mendham et al. [67] (2015)       | 3 | 1 | 2 | 2 | 1 | 1 | Moderate |
| Meyers [69] (2006)               | 3 | 1 | 2 | 3 | 1 | 3 | Weak     |
| Milanovic et al. [71] (2015a)    | 3 | 1 | 2 | 3 | 1 | 1 | Weak     |
| Milanovic et al. [70] (2015b)    | 3 | 1 | 2 | 3 | 1 | 1 | Weak     |
| Mohr et al. [74] (2014a)         | 3 | 1 | 2 | 3 | 1 | 1 | Weak     |
| Mohr et al. [73] (2014b)         | 3 | 1 | 2 | 3 | 1 | 1 | Weak     |
| Mohr et al. [72] (2015)          | 3 | 1 | 2 | 3 | 1 | 2 | Weak     |
| Möller et al. [75] (2011)        | 3 | 1 | 2 | 3 | 1 | 1 | Weak     |
| Muehlbauer et al. [76] (2012)    | 3 | 1 | 2 | 3 | 1 | 3 | Weak     |
| Muller et al. [77] (2011)        | 3 | 1 | 3 | 3 | 1 | 3 | Weak     |
| Naderi et al. [78] (2021)        | 3 | 1 | 1 | 2 | 1 | 1 | Moderate |
| Narici et al. [79] (2011)        | 3 | 1 | 3 | 3 | 1 | 3 | Weak     |
| Niederseer et al. [80] (2011)    | 3 | 1 | 2 | 3 | 1 | 1 | Weak     |
| Niederseer et al. [81] (2016)    | 3 | 1 | 3 | 3 | 1 | 3 | Weak     |
| Nordsborg et al. [82] (2015)     | 3 | 1 | 2 | 3 | 1 | 1 | Weak     |
| Nybo et al. [83] (2010)          | 3 | 1 | 3 | 3 | 1 | 3 | Weak     |
| Patterson et al. [84] (2017)     | 3 | 1 | 2 | 3 | 1 | 1 | Weak     |
| Pedersen et al. [85] (2018)      | 3 | 1 | 2 | 3 | 1 | 3 | Weak     |
| Pereira et al. [87] (2020)       | 3 | 1 | 3 | 3 | 1 | 1 | Weak     |
| Pereira et al. [86] (2021)       | 3 | 1 | 3 | 3 | 1 | 1 | Weak     |
| Povoas et al. [88] (2018)        | 3 | 1 | 2 | 3 | 1 | 2 | Weak     |
| Quist et al. [89] (2018)         | 2 | 1 | 1 | 3 | 1 | 2 | Moderate |
| Rajarajan & Anandhan [90] (2018) | 2 | 1 | 3 | 3 | 3 | 3 | Weak     |
| Randers et al. [92] (2010)       | 3 | 1 | 2 | 3 | 1 | 2 | Weak     |
| Randers et al. [91] (2018)       | 3 | 1 | 3 | 3 | 1 | 2 | Weak     |
| Sareban et al. [93] (2020)       | 3 | 1 | 2 | 3 | 1 | 3 | Weak     |
| Schmidt et al. [94] (2014)       | 3 | 1 | 2 | 3 | 1 | 1 | Weak     |
| Seynnes et al. [95] (2011)       | 3 | 1 | 3 | 3 | 1 | 3 | Weak     |
| Shimada et al. [96] (2018)       | 3 | 1 | 1 | 3 | 1 | 1 | Weak     |
| Skoradal et al. [97] (2018)      | 3 | 1 | 3 | 3 | 1 | 1 | Weak     |
| Sundstrup et al. [98] (2016)     | 3 | 1 | 2 | 3 | 1 | 1 | Weak     |
| Tiberiu & Iacob [99] (2019)      | 3 | 1 | 3 | 3 | 1 | 3 | Weak     |
| Tomar & Allen [100] (2021)       | 3 | 1 | 2 | 3 | 1 | 1 | Weak     |

|                                  |   |   |   |   |   |   |      |
|----------------------------------|---|---|---|---|---|---|------|
| Tomar & Antony [101] (2019a)     | 3 | 1 | 1 | 3 | 1 | 1 | Weak |
| Tomar & Antony [102] (2019b)     | 3 | 1 | 2 | 3 | 1 | 1 | Weak |
| Trajkovic et al. [103] (2020)    | 3 | 1 | 3 | 3 | 1 | 1 | Weak |
| van Ginkel et al. [104] (2015)   | 3 | 1 | 3 | 3 | 1 | 2 | Weak |
| Witte et al. [105] (2017)        | 3 | 1 | 3 | 3 | 1 | 1 | Weak |
| Yoshimura & Imamura [106] (2010) | 3 | 1 | 2 | 3 | 1 | 3 | Weak |